Eating out can be tricky when you're trying to stick to a healthy eating plan, but that doesn't mean you have to stay home and miss out!

Here are some tips to help you enjoy the experience without sacrificing your goals.

TOP 10 TIPS FOR EATING OUT

1. **If you know where you are going to eat, check the menu and identify healthy meals before you go**. That way you're prepared and are less likely to get caught off guard or swept up in the moment.

2. Have a glass of water before you go out to eat - **it'll fill you up**.

3. Be careful of portion sizes! Restaurants often serve large main meals, so **share with a friend** or opt for two starters or a salad instead.

4. If there is too much **don't be tempted to eat it all**. Ask for a take-away box.

5. **Avoid deep-fried or high fat meals**. Select items on the menu that are baked, grilled, dry-sautéed, poached or steamed.

6. Avoid sauces with a cream, butter, cheese or coconut milk/cream base, instead **choose pepper, herb, spice and tomato or soy-based sauces**.

7. Ask for dressings to be served separately and rather **season salads with salt, pepper, olive oil and a squeeze of lemon**.

8. Avoid foods that are high in carbohydrate like bread, rice, pasta and potatoes. If you really cannot avoid them, **ask for wholegrain breads, wholemeal pasta or basmati rice** and only have a very small portion or share.

9. For dessert, choose a fresh fruit platter and coffee or tea. **If you really cannot resist, then share with a friend.**

10. LISTEN TO YOUR BODY AND STOP EATING WHEN YOU ARE FULL.